

GULF DEFENDER



Vol. 63, No. 38

Tyndall Air Force Base, Fla. *Gulf Defender*

Oct. 8, 2004

In brief

Firing range restrictions

The 325th Security Forces Squadron firing range at the intersection of DeJarnette Road and Beacon Beach Road is off-limits to all members not performing official duties previously coordinated with the combat arms NCO in charge. Due to live weapons fire operations, trespassing is illegal and very dangerous. Notification to base personnel of live-fire training is easily identifiable by a red range flag flown during daytime firing, or a red beacon flashing during night firing. For more information, contact Tech. Sgt. Boyd, at 283-3392.

Early closure

The 325th Contracting Squadron will close 11 a.m. Oct. 15 for a squadron function. Normal hours resume Oct. 18. In case of an emergency call 774-1151 or 774-1152.

ORI is approaching

The 325th Fighter Wing 2005 Operational Readiness Inspection dates are June 19-28.

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Helping hands

Sitting, from left, Brig. Gen. Jack Egginton, 325th Fighter Wing commander, and Col. Brian Dickerson, 325th FW vice commander, complete Combined Federal Campaign vouchers while Senior Master Sgt. Carol Cox and Tech. Sgt. Brian Hoppe, Tyndall's CFC project officers, look on. The CFC at Tyndall will run through Oct. 27. For more information on the CFC, see Page 4.



Airman 1st Class Sarah McDowell

Air Force revises CJR 'wait list'

RANDOLPH AIR FORCE BASE, Texas – The Air Force has revised the career job reservation list in an effort to meet end strength goals under Force Shaping.

While five new Air Force specialties have been identified as constrained, another six have been released from the list.

All constrained Air Force Specialty Codes receive quotas, have a rank order/wait list established, and all first-term Airmen will need to apply within the appropriate CJR application windows.

"All first-term Airmen must have an approved career job reservation prior to reenlisting in the Air Force," said Master Sgt. Dee Wolfe, noncommis-

sioned officer-in-charge of Air Force Reenlistments at the Air Force Personnel Center here. "That job reservation may now be a little bit harder to get de-

to ensure the service keeps people only where they are needed.

What that means is first-term Airmen serving in career fields

separation," said Sergeant Wolfe. "We encourage Airmen to continue serving the military with the Air National Guard, Air Force Reserve, through military civilian employment, or through an inter-service transfer to the Army via the "Blue to Green" program.

Only first-term Airmen selected for reenlistment by their commander under the Selective Reenlistment Program will be allowed to apply for a CJR.

For further information and a complete list of constrained AFSCs, contact the local Military Personnel Flight's reenlistment office at 283-2276 or visit the CJR Web site at www.afpc.randolph.af.mil/enlskills/Reenlistments/CJR.htm

"All first-term Airmen must have an approved career job reservation prior to reenlisting in the Air Force. That job reservation may now be a little bit harder to get depending on their specialty."

MASTER SGT. DEE WOLFE
NCO in charge of Air Force reenlistments

pending on their specialty.

"The list of constrained Air Force specialties and quotas are established by Air Staff," she added.

Limiting CJRs is the latest in a series of Air Force initiatives

that are currently constrained may not be allowed to reenlist, unless they are approved to retrain in another specialty.

"Those who are not approved for retraining or do not receive a CJR will be projected for

CJCS sends 2004 voting message

GEN. RICHARD MYERS
Chairman, Joint Chiefs of Staff

In this election year, you – our men and women in uniform – are stationed around the globe serving our nation and defending democracy. We have both the responsibility and the privilege to participate in our democracy by exercising our fundamental right to vote.

I encourage every eligible man and woman in uniform, as well as all family members of voting age, to join in the democratic process and cast your ballots. You will have the opportunity to vote, either in person or through absentee ballots, in primary, special run-off and general elections – no matter where you are stationed or what operation you are participating in.

Recent elections have demonstrated the importance of every absentee ballot. Your vote does count!

The 2004 elections will determine our choice for president and vice president, 34 senators, the

entire House of Representatives, and 13 governors, as well as thousands of local officials. I urge each of you to participate, starting with the primaries already underway and continuing through the

members, starting the process is as easy as filling out and mailing the Federal Post Card Application. The FPCA is available from your Unit Voting Assistance Officer, who can also assist you with

“We have both the responsibility and the privilege to participate in our democracy by exercising our fundamental right to vote.”

GEN. RICHARD MYERS
Chairman, Joint Chiefs of Staff



general election on Nov. 2.

Most of you will be using the absentee voting process, which has never been easier than it is today. For those of us in the Armed Forces and our family

your state procedures.

As members of the Armed Forces, we each have a responsibility to take part in determining our Nation's leadership.

It's your future, vote for it!

Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General's Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

BRIG. GEN. JACK EGGINTON
325th Fighter Wing commander

Columbus Day brings long weekend, opportunity for fun in Florida sun

CHIEF MASTER SGT. RICHARD CARGILL
325th Fighter Wing command chief

For some, summer ends Labor Day, but here in Florida, summer seems to get longer each year. Although the wing celebrated the end of summer Sept. 25, there are plenty of warm days ahead, and with the three day weekend kicking off today, I want to take a moment to touch on a couple safety-related issues.

Columbus Day is not typically thought of in the same way other big holiday weekends are, but warm weather here most certainly means people will be out participating in activities such as swimming, boating or just soaking up the sun. Unfortunately, many folks don't take into account their limitations. Additionally, some forget about safety because they think

they can handle any activity. Before participating in any activity, folks should ask themselves, "Am I doing something safe, or at least weighing the risks involved?"



“Before participating in any activity, folks should ask themselves, ‘Am I doing something safe, or at least weighing the risks involved?’”

CHIEF MASTER SGT. RICHARD CARGILL
325th Fighter Wing command chief

Some ways to lessen the risks include checking the surf conditions before heading out to the beach. As everyone should be well aware, rip tides are a real concern

for area swimmers. Also, if you plan to do any boating, first make sure you have taken the boater safety course. While the course is mandatory for those wanting to take

advantage of Tyndall's boat rentals at the marina, it is also a good idea for those who either own a boat or plan to go with others. The information and training could save your life or someone else's. The course is free and offered online by visiting www.boatus.com.

Another hot topic is driving under the influence of alcohol. The best advice I can offer anyone is just don't do it! The alcohol-related incident rate at Tyndall is on the rise and this needs to stop. Too

often I see cases of Airmen making bad decisions which end up costing them much more than the price of a cab

● SEE SAFETY PAGE 3

Gulf Defender Editorial Staff

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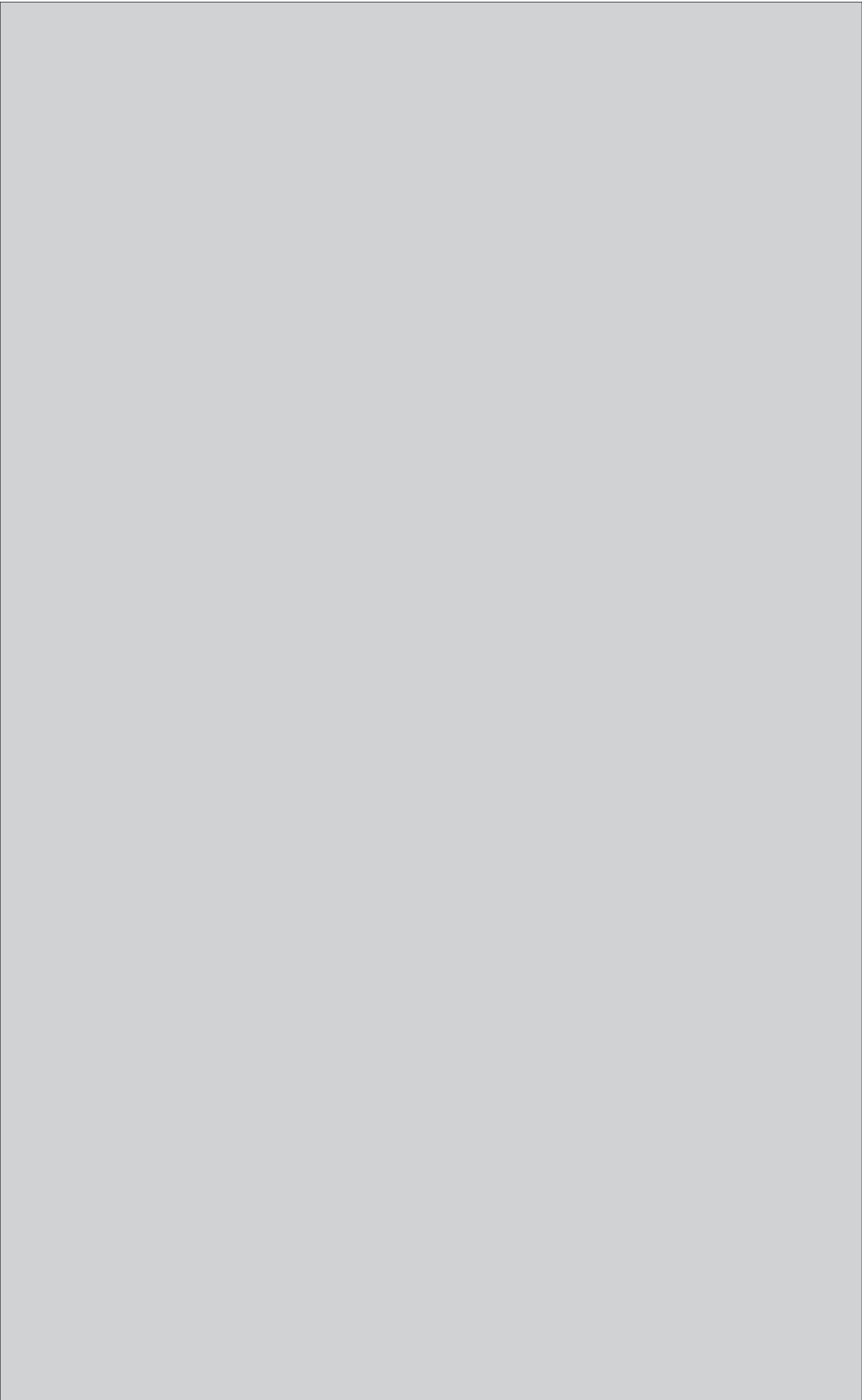
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chaser, user or patron.

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.



● **FROM SAFETY PAGE 2**
fare. Many times these are bright individuals with promising careers ahead of them. If you plan to drink this weekend, stay home – it's that simple.

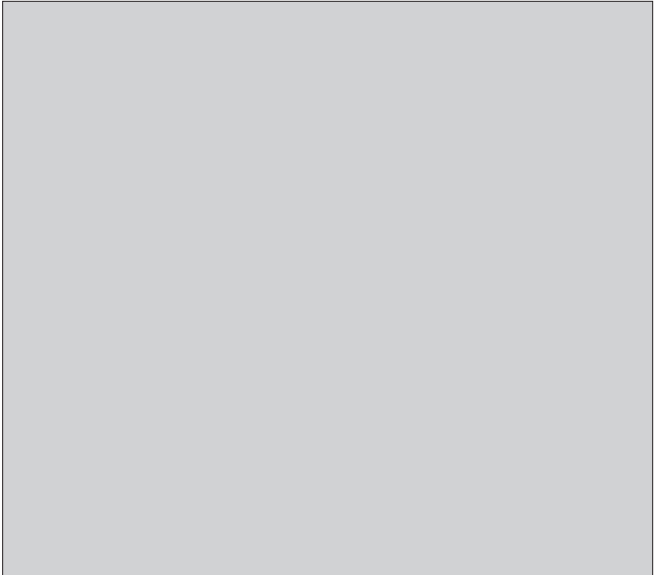
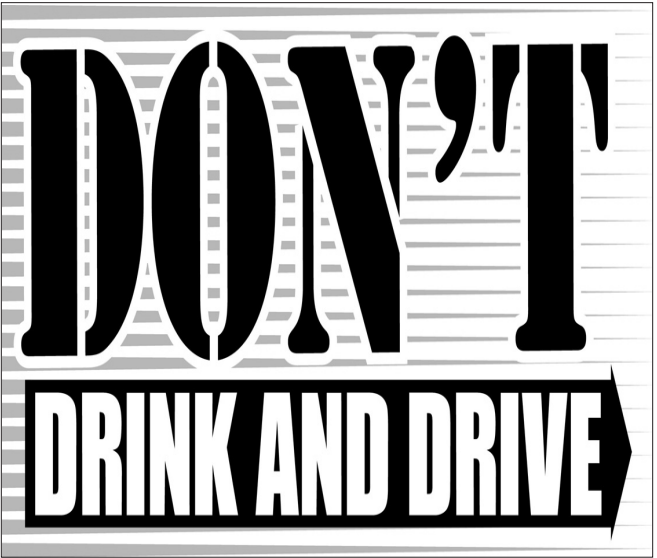
Also, if you're under the legal drinking age, be smart enough to walk away from what can easily become a bad situation. It's just not worth damaging a career or losing a life, and there just isn't a good excuse for choosing to drive under the influence when there are several avenues available to get you home safely, such as Airmen Against Drunk Driving, calling a supervisor or first sergeant, or even a sober friend or family member.

It is the responsibility of base leadership to convey expectations and set and enforce standards in an effort to provide a safe and posi-

tive environment for all our Airmen. One of the ways this is accomplished is through commander's calls, and we have an opportunity to learn a little about our new wing commander, Brig. Gen. Jack Egginton, and what he expects from all of us during his commander's call today.

The mandatory meeting takes place in Hangar 2, where two sessions will be available; 7 a.m. and 2:45 p.m. I highly encourage maximum participation, as this is a great opportunity for all of us to gain valuable insight about the general's vision and priorities for the wing. Also, this is a great opportunity to ask any questions you may have. I look forward to seeing everyone there!

Have a great and safe weekend, and I'll see all of you next week.



AFCESA gets major mission expansion

MASTER SGT. MIKE WARD
Air Force Civil Engineer Support Agency Public Affairs

The military-related population at Tyndall will increase by about 40 people this fall as the Air Force Civil Engineer Support Agency takes on a major expansion of its mission. AFCESA assumed complete oversight responsibility for the design and construction of Sustainment, Restoration and Modernization projects at Air Force installations Monday. The SRM program manages the maintenance, repair and construction upgrades to existing facilities and infrastructure on Air Force installations. The SRM mission was previously managed

by the Air Force Center for Environmental Excellence, Brooks AFB, Texas, but was transferred to AFCESA as part of the Air Force's continuing force restructuring process. "AFCEE has done a great job managing the SRM program, but the program is a more natural fit with the roles and mission of AFCESA," said Col. Gus Elliott Jr., AFCESA commander. "AFCEE is involved with environmental and housing-type work, but it is not responsible for setting criteria and standards for Air Force infrastructure projects," said Myron Anderson, director of the new Installation Support Directorate. "AFCESA is, so this change

means the technical experts are more closely involved with the projects from start to finish." The goal, Mr. Anderson said, is to help installations better monitor and manage construction quality, timeliness, and cost. To handle the increased workload, a mix of engineers, technicians, contracting specialists and administrative personnel, will be added to the agency's staff. Impact to the local community is expected to be approximately \$4-6 million annually. Although the transition began Monday, AFCESA will not be responsible for the entire program until October 2005. During the

transition period, AFCESA will manage SRM projects for stateside major commands and AFCEE will handle overseas projects. AFCESA will manage approximated \$200 million in SRM projects in the next fiscal year and officials expect that number to significantly increase when the transition is complete. The agency also announced several other changes as part of the restructuring. AFCESA's internal support directorate, Executive Support, will be renamed Business Operations and its Technical Support Directorate will be renamed Engineering Support. More information is available at www.afcesa.af.mil.

Tyndall's 2004 CFC winds down

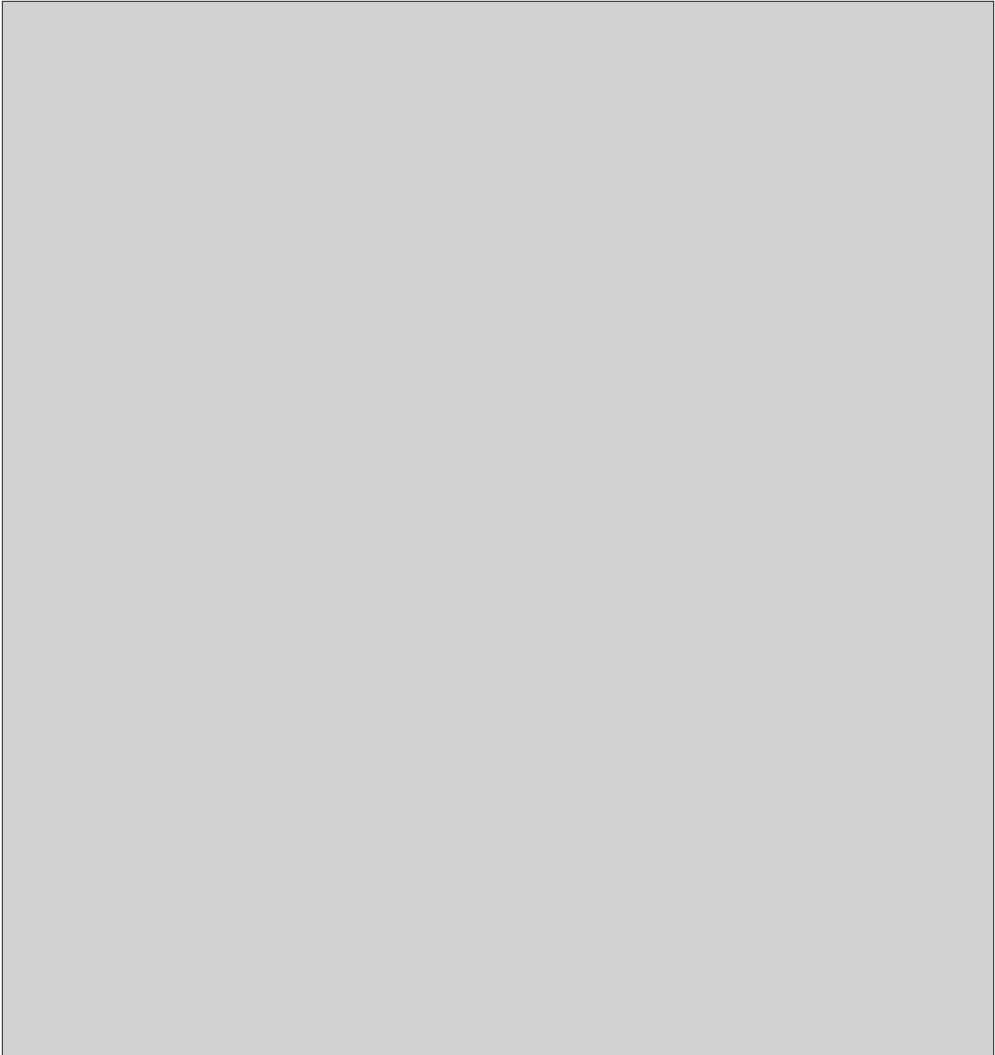
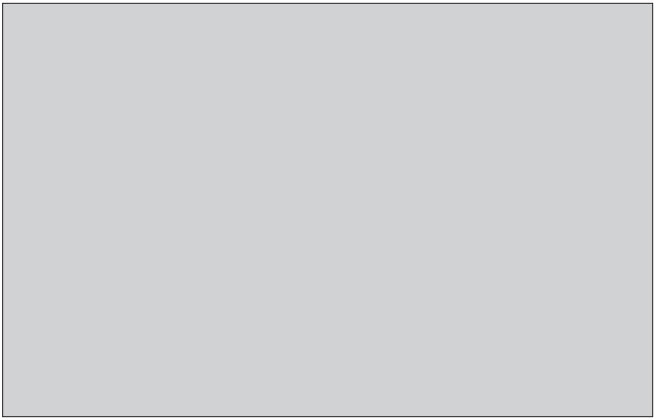
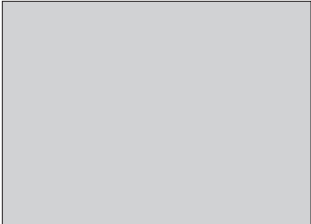
SARAH McDOWELL
325th Fighter Wing Public Affairs

Although the 2004 Combined Federal Campaign is winding down, there is still time to donate and donating to organizations can be easier than people think. The CFC, which was established in 1961, is the largest workplace charity campaign in the country, according to the Air Force Personnel officials. This year's campaign will run through Oct. 27. The CFC makes it exceptionally easy for its contributors to donate through either a one-time setup for a low-dollar amount monthly fund withdrawal, or a one-time donation by cash or check. Donors can choose how

much they would like to give each month, or at one time, to the charity of their choice. For those who need additional information on a certain charity before deciding whether or not to contribute, the CFC handbook lists charity information, as well as the percentage of the donation that goes to cover the charitable organization's overhead costs. Some of the local impact of the campaign can be seen right here at Tyndall. The Youth Center, according to Col. Martin Sayles, 325th Mission Support Group commander, is the only local on-base charity that receives contributions through the CFC. "The Youth Center was fortunate to receive contribu-

tions from Team Tyndall during last year's campaign, which helped promote and enhance the development of our youth to ensure they achieve full potential," Colonel Sayles said. "A similar level of support will greatly enhance quality of life for Tyndall AFB youth programs." But, Tyndall is not the only local beneficiary of the CFC. In fact the campaign's impact can belt in the local community. "People in the local areas who were affected by the recent hurricanes will benefit from the people who donate to CFC," said Master Sgt. Mike Romosier, CFC training

● SEE CFC PAGE 11



Golden Bolt Award

Senior Airman Jeff Eriksson



Senior Airman Benjamin Rojek

Airman Eriksson, 1st AMU avionics technician, checks the instrumentation in the cockpit of an F-15 Eagle. Airman Eriksson is the Golden Bolt winner for the month of September. He found the bolt in an aircraft grounding point during his morning aircraft inspection.

Awards increase FOD vigilance

SENIOR AIRMAN BENJAMIN ROJEK

325th Fighter Wing Public Affairs

The 325th Fighter Wing is rewarding Tyndall Airmen and civilians for their vigilance on the flightline in an effort to increase foreign object damage program awareness and decrease FOD incidents to aircraft.

The Golden Bolt and the FOD Finder of the Quarter are both incentive programs set up as a reminder that FOD is everyone's concern.

"Everyone who works on or near the flightline, or whose job takes them on or near the flightline, is eligible to win one of these awards," said Master Sgt. Kenneth Starnes, 325th Fighter Wing FOD manager.

The Golden Bolt winners are chosen on a monthly basis, he said.

"Once a month, before our daily FOD walk, I strategically place a golden bolt on the flightline to see if someone's eagle eye spots it," said Sergeant Starnes. "I'll then do a follow-up inspection to ensure all foreign objects are picked up off the flightline and annotate whether or not the

golden bolt was found."

For the FOD Finder of the Quarter, an individual's name is submitted by his supervisor or coworker along with the details of what foreign objects are found during daily FOD prevention measures. The submission also includes the impact of the discovery.

Col. Brian Dickerson, 325th Fighter Wing vice commander, makes the final selection of the winners for both awards. The colonel then presents the awards at the quarterly fighter wing FOD meeting.

"At the meeting, the program award winners receive prizes including a letter of appreciation and a one day pass," said Sergeant Starnes.

He said that FOD awareness is at an all-time high throughout the wing.

"FOD is a major concern when flying aircraft," said Sergeant Starnes. "In the last fiscal year alone, FOD damage cost Tyndall Air Force Base more than \$2 million."

For more information on the FOD Finder of the Quarter or Golden Bolt programs, contact Sergeant Starnes at 283-9679.

Nutrition not fastest way to lose weight, but way to go



An Airman checks the nutritional facts before purchasing food. Products contain nutritional facts and also have measurements of the right proportion of food.

AIRMAN 1ST CLASS CHRISTIE PUTZ
92nd Air Refueling Wing Public Affairs

FAIRCHILD AIR FORCE BASE, Wash. (AFPN) — The low-carb diet. The low-fat diet. The cabbage soup diet. The grapefruit diet. The shake diet.

There are “miracle” pills that claim weight loss without ever stepping foot in a gym. And there are all the herbal supplements for the earth- and body-conscious consumers.

It is all enough to make a person wanting to shed a couple pounds go crazy. So what is true and what is false?

“If you hear somebody say you can lose 30 pounds in a month healthily, they lied to you,” said Staff Sgt. Rebecca Caldwell, NCO-in charge of diet therapy for the 92nd Aero-

medical Dental Squadron here.

In reality, healthy weight loss averages one-half to two pounds a week.

“If you’re losing any more than that, then you’re not losing fat; instead, you’re losing muscle mass,” she said.

Losing weight is not an overnight process, Sergeant Caldwell said. The only way someone can safely lose weight and truly keep it off is to change his or her current eating habits for the better.

The staff at health and wellness centers promotes a nutrition plan that most people have been familiar with since childhood: the food pyramid.

While most people think they are familiar with the pyramid and what it teaches, a lot of people either forget or do not know about one of its main teachings.

“In today’s society, everything is oversized,” Sergeant Caldwell said. “A lot of people just don’t understand what a normal portion size is.”

For example, six to 11 servings of breads and grains does not necessarily mean six to 11 bowls of pasta or cereal. A bowl of pasta may equate to two or three servings.

This lack of knowledge, coupled with unhealthy food choices, is the quickest way to pack on pounds.

It is all things most people have had driven into their minds since grade school, but a lot of times adults forget. That is where Sergeant Caldwell and her co-workers come in.

Besides classes on proper nutrition, the centers have a registered dietician on its staff to help people.

The dietician can sit down with clients and help work out a plan that works with their lifestyle and helps them meet their goals.

Also, besides traditional dietary advice, dieticians counsel people on proper nutrition for diabetics, expectant mothers, those with high cholesterol and just about any other condition.

Wellness center visitors can get books full of healthy recipes, tools to help with portion or calorie counting, and handfals of literature explaining the effects of a healthy lifestyle.

“The body is like a car, and food is our fuel,” Sergeant Caldwell said. “You wouldn’t put dirty gas into a car, so why put unhealthy food into your body?”

Like a fine-tuned machine, the human body and automobiles share several likenesses. The better they are taken care of, the longer they are going to last and the better they are going to perform.

The body also needs routine maintenance in the form of cholesterol and blood-pressure checks.

However, the main difference between the two is that people are only given one body; there is no trading it in or getting a new one.

Prices drop on issue uniform items sold at AAFES



Airman 1st Class Sarah McDowell

Airman 1st Class Carrie Kobsik, 325th Medical Support Squadron, gets her uniform tailored at the Tyndall military clothing sales store.

CAPT. DIANE WEED
HQ AAFES Public Affairs

Prices for most issue uniform items sold at Army & Air Force Exchange Service military clothing sales stores began decreasing Monday.

The price changes will go into effect and the overall prices for issue items will drop by a little more than one percent.

“This year, the temperate battle dress uniform coats and the Air Force men’s and women’s lightweight jackets are the only items with any significant price increase - and that increase is less than \$4 per item,” said Hazel Green, Defense Supply Center, Philadelphia, planner at headquarters AAFES.

AAFES never makes a profit on DSCP items since they’re always sold at cost. So any price decreases, or conversely in-

creases, are determined by the DSCP and passed along to the customers via AAFES stores.

The DSCP is the sole military supply source for issue merchandise. DSCP items

“If you can’t find what you are looking for, let your MCSS manager know so they can get the item you need.”

DAVID LUMBLEY
Military Clothing Sales Service divisional merchandise manager

sold by AAFES made up 57 percent of the total MCSS’ sales in fiscal year 2003.

In addition to DSCP items, AAFES offers higher-quality optional items in order to give customers more choices. On the

other end of the spectrum, AAFES offers Exchange Select insignia products that sell for 30 to 60 percent less than name-brand equivalents.

“If you can’t find what you are looking for, let your MCSS manager know so they can get the item you need. Our MCSS managers have a great network and cross-level merchandise everyday to take care of their customers’ needs,” said David Lumbley, divisional merchandise manager for MCSS.

The MCSS concept was established by a Congressional charter for the Air Force in the mid 70s and for the Army in 1981.

Today AAFES runs 192 MCSSs: 100 for the Army, 88 for the Air Force and four for the United States Marine Corps.

For more information, call the military clothing sales service at 286-5500.

A world of their own:

Tyndall members fight to preserve the past through international medieval and renaissance reenactment

Courtesy photo

CHRISTINE SULLIVAN

325th Fighter Wing Public Affairs

A Team Tyndall member and a retiree appeared to be in mortal combat, but when I drew closer, it became more evident it was simply two knights in shining armor who were battling each other with broadswords in the park.

The fighters I met that day included an active-duty Air Force member stationed at Tyndall and a former military member, who are also members of the Shire of Salt Keep, a Bay County historical group. The Shire resides within the Society for Creative Anachronism, an international medieval and renaissance reenactment organization and educational society.

After seeing the detailed regalia on both the men and women of the Shire, watching their authentic fighting styles and listening to them talk, it became clear that the SCA had much more to offer participants than a mere outing at

the neighborhood Renaissance Faire.

“The fighting usually attracts people first,” said Chris Willis, leader of the local group and squire to a kingdom-level knight. “But they find so many other reasons to stay.”

This is because the time period the group studies and reenacts, features a wide range of activities, philosophies, foods, arts and sciences. Among the things current members here have taken an interest in are sewing, calligraphy and illumination of scrolls, dancing, combat archery, cooking, heraldry and making armor.

“We are a historical society,” said Beverly Watson, the Shire’s arts and sciences minister. “We study whatever interests and excites us about any culture which influenced pre-17th century central Europe.”

The Panama City Shire is made up of about a dozen people including active-duty military members, retirees and family members. They meet every Sunday in Sheffield Park next to the Lynn Haven Library on Highway 77 and hold business and training meetings twice a month in the library’s meeting room.

“Tyndall Air Force Base can be a challenging place to work, and these activities have made my time here much more enjoyable,” said Staff Sgt. Brandon Sullivan, 325th Aircraft Maintenance Squadron end of runway crew chief. “My wife and I joined for the fighting, but we stayed for the camaraderie.”

Sergeant Sullivan, who is also the marshal for the local group, says there are very strict safety guidelines the fighter, his weapons and his armor must pass before he is allowed to fight.

“You tweak your armor until it fits you and your style,” Sergeant Sullivan said. “I use hard plastic, leather and steel so my mobility is better, but there are others who wear 80 pounds of steel so they can sustain more hits.”

The fighting is based on integrity, honor and chivalry, and except for the group marshal, there are no referees.

For example, even though there is no live steel involved in the fighting and rattan swords are used instead, if a fighter receives a blow to his arm, he is expected to honor it and continue to fight without using that arm. If a fighter were to

“lose” his legs, he would fight on his knees.

“We study and recreate the best of the Middle Ages,” said Mr. Willis. “This means chivalry and personal honor are more important than strength and success. You take your blows when you are supposed to and offer the same respect to your opponent that you are given.”

This same fidelity and adherence to values are similar to the military’s, but are not limited to martial arts on the field of battle.

“Some of my interests are in cookery and making garb,” said Ms. Watson. “The food during that time included many more spices than you’d think, and tracking down authentic recipes is definitely a challenge. I also love the construction of period dresses with fairly ornate embroidery and beading.”

Excellence in all they do and pride in presentation and detailed authentication is also part and parcel of the SCA.

“I’ve always had a passion for history,” said Mr. Willis. “I like to learn by engaging in the subject. It brings history to life.”

Members engage in their subject of choice by studying a role and recreating it to the best of their abilities. They assume the names, accents, clothing styles and even temperaments characteristic to their area of culture and interest.

Ms. Watson (The Honorable Baroness Morgina d’ Anjou) behaves and is treated in accordance with her title as a French noblewoman. Sergeant Sullivan (Lord Brandon ui Shuileabhain) studies 13th Century Ireland, when Celtic nations ruled the land. When in character, he is known to occasionally hoist a tanker of ale while wearing a kilt.

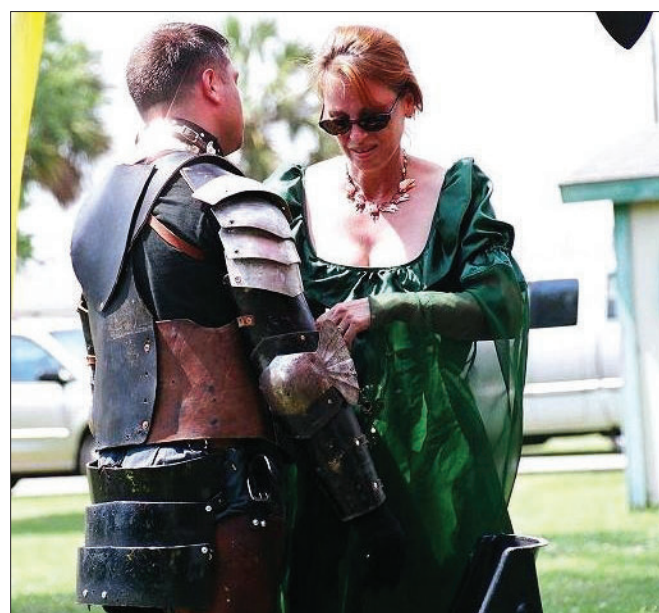
“It’s some of the most fun I’ve ever had,” Sergeant Sullivan said. “People in the SCA are like family and they treat other as such.”

And there are a lot of them spread around various kingdoms throughout the world.

“At over 25,000 strong, the SCA would be the 6th largest standing army in the world,” said Greg Hall, retired Air Force member and current herald of the Shire. “Salt Keep’s duty resides at the southernmost region of Kingdom of Meridies, one of 17 kingdoms throughout the known world.”

Most U.S. military installations have an SCA group nearby, allowing people to continue enjoying it even after a change of duty station. There are groups in Korea, Japan, Germany and the U.K. as well.

For more information about the SCA and the Shire of Salt Keep in Panama City, visit their Web site at saltkeep.tripod.org.



Courtesy photo

Tech. Sgt. Brandon Sullivan, 325th Aircraft Maintenance Squadron end of runway crew chief, takes a break from fighting while his spouse, Christine, helps him repair his armor during a tournament held by the Shire in Lynn Haven recently. Fighters’ armor usually consists of leather, steel, aluminum and hard plastic.



Peggy Geil

From left: Duane Laster, known as Lord Graelond Forester and Greg Hall, retired Air Force member, engage in a demonstration battle for a medieval banquet held at the Tyndall AFB Officers' Club in October 2002.



Courtesy photo

From left: Christopher Willis, retired Air Force member and a 'Baron' in the Shire, engages in battle with Sergeant Sullivan during a weekly fighter practice session at Sheffield Park in Lynn Haven.



Courtesy photo

Christopher Willis, known as The Honorable Lord Shieldbreaker in the SCA, and his consort, Beverly Watson, known as The Honorable Lady Morgina d'Anjou, share a medieval moment during a Shire tournament held recently at Sheffield Park.



Courtesy photo

Sergeant Sullivan, known in the SCA as Lord Brandon ui Shuilleabhain, kneels to receive a coveted Award of Arms from the 'King and Queen of Meridies' in a royal court ceremony at a recent Shire event. An Award of Arms enables the recipient to be called "Lord."



Courtesy photo

From left: Beverly Watson, the Shire arts and sciences officer, and a 'Baroness' in the SCA, and Shire member Jacquie Shepard stay cool under the shade of a colorful canopy during a medieval tournament held recently in Lynn Haven.

Helping deployed Airmen one lawn at time

SENIOR AIRMAN BENJAMIN ROJEK
325th Fighter Wing Public Affairs

When Airmen say goodbye to their spouses as they head off on a deployment, they're probably wondering, "Did I get all my immunizations taken care of? What are the working conditions going to be like? Did I bring enough socks?" The last thing they probably consider is, "Who's going to take care of the yard work while I'm away?"

Tech. Sgt. Bret Stout, 325th Civil Engineer Squadron quality assurance evaluation chief, realized this and together with Dave Barry, Del-Jen superintendent of operations, created the Lawn Care for Deployed Spouses program.

According to Sergeant Stout, the program is set up for families who live on-base. When an Airman is about to deploy, he can let his first sergeant know how long he will be gone and ask to be put on the program list. The first sergeant will then contact Sergeant Stout, who sets up the weekly service with Johnny Walker, Del-Jen grounds supervisor.

The service includes basic lawn mowing and weeding, Sergeant Stout said. There is no set schedule; however, the goal is to get to all of the homes on the list before the housing inspections each Tuesday.

All of this work is done at no cost to the Airmen or Tyndall Air Force Base, said Mr. Walker, also an Air Force retiree. He added it is a goodwill gesture in support of the continuing global war on terrorism.

"We relish the opportunity to give back," he said. "It is a good feeling to know that we have made a difference."

The men doing the work are not the only ones who feel good about this program.

Master Sgt. Robert Foley, 325th Mission Support Squadron first sergeant, is one of more than 30 deployed Airmen who have taken advantage of this program. Sergeant Foley recently returned home from a 96 day deployment to Iraq.

"I think the lawn care program does a great job of lowering stress on deployed families," Sergeant Foley said. "More people should take advantage of it."

Master Sgt. Travis Fritts, 325th Services Squadron first sergeant, heartily agrees. He said the program is definitely needed and appreciated.

In fact, he said three of his deployed Airmen used the program while they were gone and they expressed how happy and thankful they were that a program like this existed.

"There was a feeling of family and that they were taken of care of," Sergeant Fritts said. "The spouses of deployed Airmen have a lot to take on, such as child care, house work, car maintenance and jobs of their own. With this program, yard work is one less thing for them to worry about."

And that is the reasoning behind the program.

"The goal of the program," said Sergeant Stout, "is taking guys who cut grass for a living and, with a little creativity, hopefully

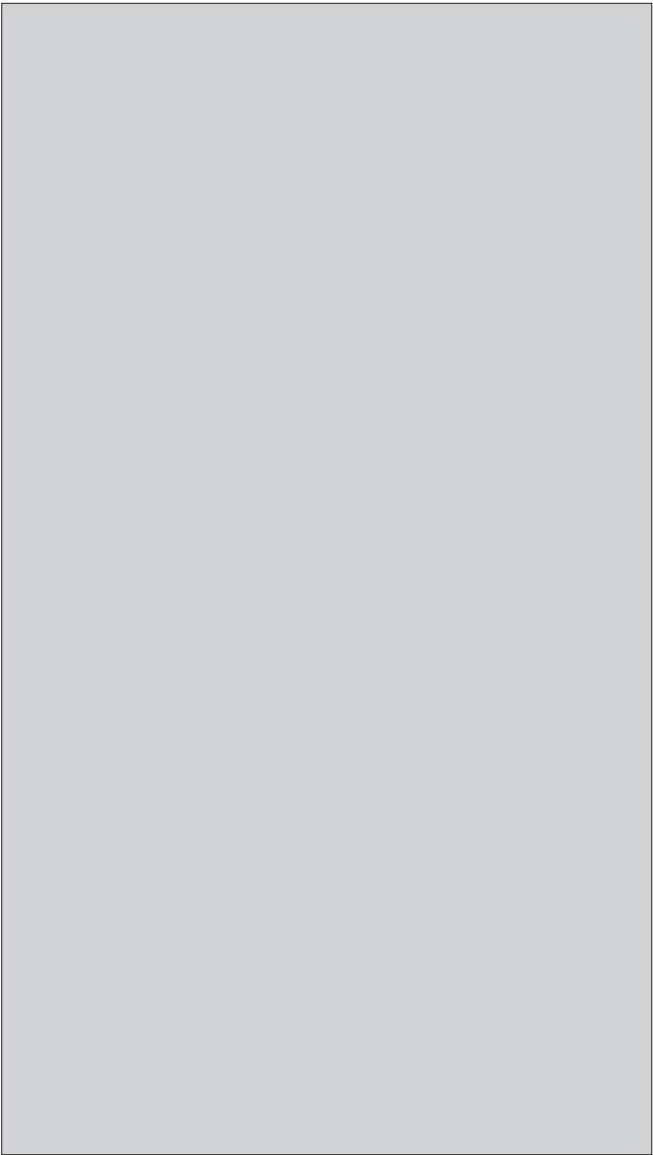
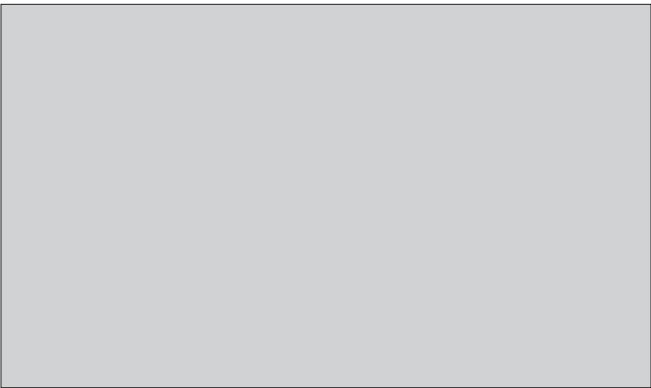
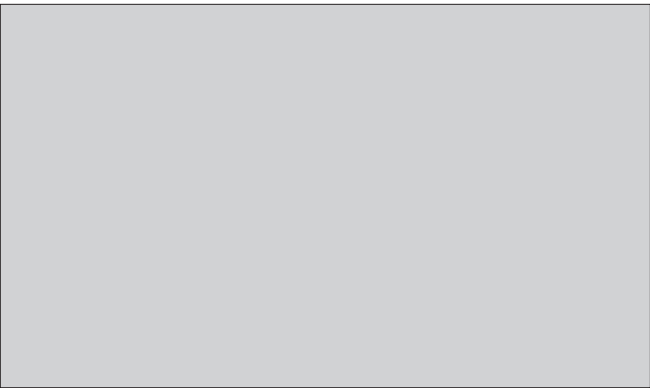
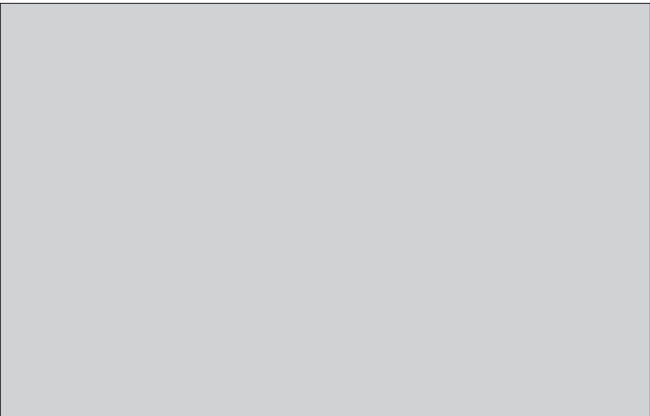


Senior Airman Benjamin Rojek

Edgar Givens, Del-Jen grounds maintenance worker, cuts the lawn at a deployed Airman's house. He and John Tabo, another Del-Jen grounds maintenance worker, both cut lawns in base housing for servicemembers on temporary duty as part of the Lawn Care for Deployed Spouses program. Mr. Givens has been a Del-Jen employee for more than two years.

relieving the stress and some of the demands from the spouses."

For more information about this program, or to learn how to get signed up, either contact your squadron first sergeant or Sergeant Stout at 283-3270.



● **FROM CFC PAGE 4**

and publicity officer.

The annual fundraiser, which allows almost 4 million federal employees contribute to thousands of local and national nonprofit organizations, also offers something to its participants.

The special forms of recognition can also be found in the donation handbook.

Some of the ways donors are recognized include the Commander's Club, in which donors who contribute 1.5 percent of their monthly pay receive a CFC medallion, certificate of recognition and recognition at the annual award ceremony; the Pacesetter Club, in which donors whose monthly contribution is equal to one percent of their pay receive a medallion; and the Care Club, in which donors who contribute .6 percent of their pay per month receive a CFC koozie.

Team Tyndall members wishing to donate to the CFC should contact their unit CFC representative, or contact one of the CFC project officers for details on how to sign up.

Checkertail Salute

Tech Sgt. Jon Ryals



Steve Wallace

Sergeant Ryals receives the Checkertail Salute Warrior of the Week award from Col. Brian Dickerson, 325th Fighter Wing vice commander.

The Checkertail Clan salutes Sergeant Ryals, who deployed as an electro-environmental electrician to Tinker Air Force Base, Okla., during Hurricane Ivan. He troubleshoots aircraft and is instrumental in repairing aircraft expediently and effectively for the wing. He is also an element leader who has zero quality assurance write-ups for the past year. Sergeant Ryals is pursuing his private pilot's license and is the assistant coach for Bay County Youth Soccer Association.

Duty title: Electro-Environmental systems craftsman
Time on station: One year, six months
Time in service: 15 years, six months
Hometown: Charleston, S.C.
Hobbies: Anything involving my family
Goals: Obtaining a private pilot's license
Favorite movie: Jaws
Favorite book: "Green Eggs and Ham"
Favorite thing about Tyndall: The people I work with
Pet peeves: People who complain
Proudest moment in the military: Being selected to the USAF Thunderbirds

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

Briefs

Boardwalk closed

The Tyndall Beach boardwalk is closed until further notice due to Hurricane Ivan damage which made the walk unsafe. Additionally, the road/path adjacent to the boardwalk is closed in order to protect the environmentally sensitive areas surrounding the boardwalk. There is also a chance of encountering snakes and other wildlife along the path. Civil engineers are researching the possibility of making temporary repairs to the boardwalk, but until those repairs are made the beach is closed. Crooked Island Beach, on the east side of base (near Mexico Beach), is open and Team Tyndall is welcome to use it. For more information, contact the Natural Resources Office at 283-2641.

Commissary news

The Commissary will be closed Monday (Columbus Day) and open Tuesday. The Commissary case lot sale is scheduled for Oct. 15-17 during regular store hours. Flyers are being handed out at the registers with a listing of possible items.

Bicycle Safety Clinic and Children's Identification Program

The Bay County Sheriff's Office will be on base 10 a.m. to 2 p.m. Oct. 23 at the Youth Center with their Children's Identification Program and a Bicycle Safety Clinic. The Sheriff's Office will be giving away approximately 20 bicycle helmets to the youth of Tyndall. Parents can stop by to have their children photographed and fingerprinted and have their bicycle inspected. For more information, contact the 325th Fighter Wing Safety Office.

Attention Team Tyndall DTS users

Because of the fiscal year crossover, do not use the Defense Travel System until further notice. All orders must be manually processed and travelers must call the ticket office to book their travel. The estimated completion date is Wednesday. Once DTS is back online, members must resume processing through DTS. For more information, call the DTS Help Desk at 283-4201.

Change of command ceremony

Lt. Col. Boyd Lee, 2nd Fighter Squadron commander, will relinquish command to Lt. Col. James Riemens-Van Laare at 1:02 p.m. Oct. 15 in Hangar 2. Team Tyndall is invited to attend. For more information, contact Maj. Suhr at 283-2951.

Retirement ceremony

There will be a retirement ceremony in honor of Master Sgt. Michael Sumpter 1 p.m. today at the Tyndall NCO Academy. There is a reception to follow in the staff lounge. Team Tyndall is invited to attend. Dress is uni-



Lisa Norman

First look ...

Maintainers assigned to the 43rd Aircraft Maintenance Unit get their first look at Tyndall's newest F/A-22 Raptor late Wednesday following its arrival here. Raptor 26 was flown to Tyndall from Lockheed Martin's F/A-22 production facility in Marietta, Ga., by Col. Timothy Merrell, 325th Operations Group commander, bringing the total number of Raptors assigned here to nine.

form of the day for military and business casual for civilians.

Mentors needed

Mentors are needed for 9th- and 10th-grade students at Rutherford High School.

The task requires a couple hours a week around lunch time to help students who are termed "at risk" for failing or dropping out of high school.

Being a mentor is being a big brother/sister, a role model and, most of all, a friend to the student. For more information, e-mail Joseph.Volpi@tyndall.af.mil.

CCAF graduation

The Community College of the Air Force graduation will be held 3 p.m. today in the Enlisted Club Ballroom. All are welcome to attend. Dress for attendees is uniform of the day. Dress for participants and graduates is service dress.

Gulf Coast Community College

The GCCC second weekend block starts Oct. 29. Classes offered include:

English Composition II
Religions of the World
General Biology
Environmental Science
Principles of Sociology

October Tyndall Classes start the week of Oct. 15. Classes offered include:

Western Civilization II
Earth Science Survey

For more information call 283-4332.

Stetson University

Stetson University is offering Microsoft and Cisco programs. No out of pocket cost for active military. There is limited seating. October and January start dates. Ask about free computer or free tests. For more information, contact Linda Along 407-579-3957 or lalonge@stetson.edu.

Tyndall Thrift Shop

The Tyndall Thrift Shop, 743 Suwannee Rd., is open for business 9:30 a.m. to 12:30 p.m. Wednesday through Friday and 9 a.m. to noon the first Saturday of each month. Consignments are accepted from 9:30-11:30 a.m. Wednesdays and Thursdays. For more information, call 286-5888.

Heart Link

The next Heart Link session will be held 8 a.m. to 2:30 p.m. Oct. 22. Heart Link is a fast-paced orientation to the military community for spouses, which includes presentations from the 325th Fighter Wing commander, protocol, military personnel, finance, family support, services, legal, health and wellness, family advocacy, the chapel, and Tricare. There are games, skits and prizes scheduled throughout the day. For more information or to make reservations, contact the Family Support Center at 283-4205.

ERAU classes begin

Embry-Riddle Aeronautical University announces the start of Federal Aviation Ad-

ministration Airframe and Powerplant classes beginning Oct. 18. For more information, call 283-4557.

Classifieds

2002 Mustang coupe

Dark blue with tan cloth interior. Great condition. Six-cylinder, automatic. Power driver seat, windows. Six-disc CD player. Cruise control. 25,000 miles. Still under factory warranty. Need to sell for payoff. For more information, call 763-8354 and ask for Tasheena Thomas.

Attention weightlifters

Body Masters squat rack, excellent condition, great for squats or bench press, \$500 or best offer. Call 850-784-1529.

Chapel Schedule

Catholic services held at Chapel 2:

Daily Mass, 11:30 a.m. Monday-Friday
Reconciliation (before Saturday Mass or by appointment)
Saturday Mass, 5 p.m.
Sunday Mass, 9:30 a.m.
Religious Education, 11 a.m. Sunday.

Protestant services at Chapel 1:

Communion service, 9:30 a.m., Chapel 1
Religious Education classes, 9:30-10:30 a.m. in Bldg. 1476
General Protestant service, 11 a.m., Chapel 2.



Senior Airman Benjamin Rojek

What a catch
Members of the 1st Aircraft Maintenance Unit intramural flag football team practice on the base football field during a scrimmage Sept. 29. Intramural flag football games take place 5:30-8:30 p.m. Monday through Thursday.

Intramural sports standings

as of Wednesday

Football			Golf	
Squadron	Won	Lost	Squadron	Points
COMM 1	8	0	CES	65
ACS	9	1	AMXS	58.5
MXS	8	1	SVS	58.5
TEST	8	1	COMM	53
SFS	7	2	MXS 2	52.5
OSS	5	2	WEG	49
43 AMU	5	3	MOS	44.5
CES	6	4	AFCESA	43.5
WEG	5	4	COMM2	35.5
AMXS	4	5	CONR1	31.5
COMM2	4	6	TS	27.5
MDG	3	7	ACS	28
CPTS	2	7	83 FWS	25.5
83 FWS	2	9	2 FS	22
SVS	1	9	CONR 3	20.5
SEADS	0	0	RHS	18
CONS	0	7	OSS	16.5
1 AMU	0	9	372 TRS	16.5

Bowling

Squadron	Percentage
ACS	83.3
325th AMXS	70.8
TEST	66.7
325th COMM 2	66.7
83 FWS 1	62.5
MDG	62.5
83 FWS 2	62.5
325th SFS	60.4
NCOA	58.3
325th CES	58.3
325th MXS/Ammo	54.2
OSS	54.2
325th AMXS	54.2
AFRL	54.2
AFCES	52.1
1AM	50.0
325th MSS	47.9
325th Comm 3	47.9
WEG	45.8
Red Horse	45.8
325th SVS	43.8
32th CONS	43.8
325th AMXS/1s AMU	41.7
325th MOS	41.7
325th MXS/Phase	33.3
SEADS	33.3
325th MSS 2	33.3
325th Comm1	29.2
325th AMXS/95 AMU	22.9
325th AMXS/43 AMU	14.6

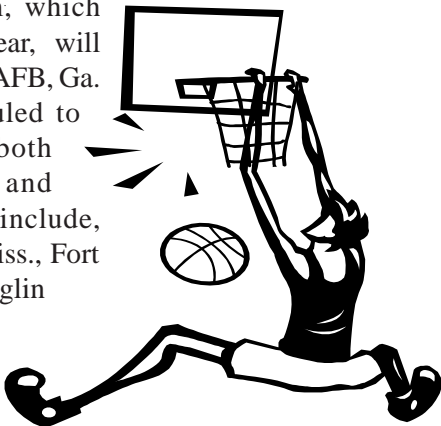
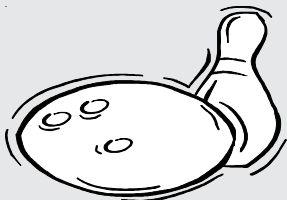
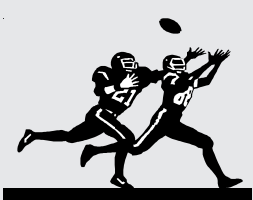
Tigers tip off hoops season

The Tyndall Tigers men’s varsity basketball team, the two-time defending champions of the Southeastern Military Athletic Conference, tip-off their 2004-05 season this weekend as they travel to Robins Air Force Base, Ga., to compete in the Annual SEMAC Pre-Season Men’s Basketball Tournament, (Tigers are defending champions).

The women’s varsity basketball team, which started up this year, will travel to Moody AFB, Ga. Teams scheduled to compete with both the men’s and women’s team include, Keesler AFB, Miss., Fort Benning, Ga., Eglin AFB, Maxwell AFB, Ala., Hurlburt Field, Moody AFB

and Robins AFB. The tournaments will run through the weekend. The men’s basketball team will return six members from the 2003-04 championship squad and with nine newcomers are looking forward to defending their title and become only the third team in SEMAC history to three-peat.

(Courtesy of the Tyndall Tigers)





Funshine NEWS

October 8, 2004

www.325thservices.com



Air Force Club Membership Drive

New and Existing AETC members could win up to \$3,000.00. If AETC reaches it's goal, Tyndall clubs could receive \$500! Amn E1-E4 & 2Lt get one free year of membership. Call the club today and start saving.

283-4357

Enlisted Club

Dinner and A Movie

October 14

Spiderman 2

October 21

The Terminal

October 28

Anchor Man

Buffet 5-7 p.m., Movie 7 p.m.

Buffet style dinner: \$6.95

Member price: \$5.95

Non-Member Children: \$3.95

Children age 7 and under eat free.

Youth under age 16 must be accompanied by an adult.

Pelican Reef Enlisted Club We Got Jokes! and the Party!! Saturday

Oct. 9, 2004

10 p.m.-2 a.m.



Zooman



Hurricane Andrew

All Ranks Old West Saloon CASINO NIGHT

Oct. 29 at the Officers' Club

Social Hour - 4 p.m.

Gaming starts at 5 p.m.

**Over \$1000.00
in prizes!!!**

**\$25 for dinner & 25,000
gaming script**

Purchase by Oct. 22 and get \$10,000 additional script. Purchase from Oct. 22 through 26 and get \$5,000 additional script.

**Hosted by the
Maintenance Group**

Sponsored by Tyndall Federal Credit Union. No federal endorsement of sponsor intended.

Seafood Extravaganza

October 8

5:30-8:30 p.m.

All Ranks

at the O' Club

Market Price: \$18.95*

Children ages 6-11: \$9.95*

5 & Under: \$4.95*

* Members receive a \$3.00 discount.



Community Center NFL Pigskins Picks

Entries must arrive at CAC by 5 p.m. Friday, preceding the weekend & Monday game. Open to all Tyndall Community members over the age of 18.

283-2495

Columbus Day SVS Holiday Closures

The following Services facilities will be closed on Monday, Oct. 11:

Community Center
Skills Development Center
Pizza Pub/Snack Bar
Enlisted & Officers' Clubs
Vet Clinic
Graphic Impressions
Child Development Center
Youth Center
Leisure Travel Services
EQT
HRO Offices
Library

Fitness Center Open: 10 a.m.-6 p.m.

Berg-Liles Dinning Facility
Semi-Annual

BIRTHDAY MEAL HALLOWEEN IN HOLLYWOOD

October 27 at 5 p.m.

Steak, Lobster Tail, Shrimp, Twice Baked Potato, Onion Rings, Corn on the Cob, Broccoli, Sauteed Mushrooms and Onions, Shrimp Cocktail, Dinner Rolls, Ice tea, Cake and Ice Cream.

COSTUME CONTEST

Come as your favorite Movie actor or character. Prize awarded 1st & 2nd Place Winners

Eligibility: ESM (SIK) Customer and one guest. ESM customer must have had a birthday between May-Oct. If the guest is on BAS, the cost of meal is \$22. Any questions may be directed to 283-2239.

Tyndall Youth Center

8th Annual Fall Festival

October 22, 6-8 p.m.

*Games, food & lots of fun
for the entire family!*



**Buy a \$5 Admission
and enjoy these activities**

Face Painting	Crafts
Fish Pond	Lollipop Tree
Cake Walk	Basketball Shoot
Bean Bag Toss	Climbing Wall
Spooky Maze	Football Toss
Bingo	Lots More...

Volunteers Needed!!! Set up, decorating, cooking, operate booths and clean up.

*Sponsored in part by:
First Command Financial Planning
No federal endorsement of sponsor intended.*

283-4366

Youth Center

☎ 283-4366

Start Smart Football

Are you ready for some football? Sign up for Start Smart Football for ages 4-7 yrs. and work one-on-one with your child developing basic skills. The classes are Oct. 9, 16, 23, 30 at 9 a.m., cost is \$10.

Combined Federal Campaign

Participate in the future success of the Tyndall Youth Center. Designate **# 3014** on your CFC contribution form. Special events, open recreation and youth sports are just a few of the programs that provide opportunities for Tyndall's youth.



Football Frenzy at the Pizza Pub

Bldg. 1027 on Louisiana Ave.

Prizes include: an XBOX system, T-shirts, coolers and hats for Club Members!

**Any question call Amanda at
283-3222 / 283-2814**



No federal endorsement of sponsors intended.



Senior Airman Benjamin Rojek

Gym update

Tyndall members jump for the ball while playing basketball on the Fitness Center’s newly refinished court Monday. The entire gymnasium floor and three racquetball courts were refurbished, which included heavy rebuffering of each playing surface, as well as touch-ups to the court lines and Tyndall Tigers logo in the center of the basketball court. The Fitness Center reminds players to continue to hand-carry all shoes to be worn during play into the gymnasium in order to help preserve the courts’ surfaces. The intramural basketball season begins in mid-November.

